

Seminole Nation Diabetes Program

(Semvnole Etlwv Vsukla-Ocakat Emvnicetv)

SELF



Family Circuit Training

Full Body Workout That is NEVER Boring!!

Burn up to 1000 calories for weight loss

Increase stamina and strength

Improve cardio

WORK AT YOUR OWN PACE!!!

Monday and Thursday 5:30pm-6:30pm

March 25 thru May 30

Seminole's First Baptist Church @ The Bridge

Contact Jerome Harrison (exercise Specialist)
Cell: 405-220-5397
Email: healthylife@sno-nsn.gov

405-382-3761